

## **The Bus Athlete - Gameplan to Live!**

Let's face it - bus drivers are challenged with unique lifestyle hurdles that can make it difficult to achieve healthy, safe living and a good quality of life. This program is designed to get all participants to fully recognize the challenges that professional drivers experience every day on the road.

Mark will first get participants engaged to want to tackle their difficult lifestyle hurdles and, second, provide them with the solutions they need to actually achieve it.

He will address new tools and techniques that will spark professional drivers to see the reality and give them the education, motivation, and inspiration they need to take care of themselves.



### **About the Presenter**

Mark Everest is President and CEO of Occupational Athletics, Inc., a Pennsylvania-based company specializing in injury, accident, and illness prevention. He has 30 years of experience in the development and implementation of strategic corporate and industrial sports medicine and wellness programs in addition to injury and illness prevention plans. He has also trained amateur and professional athletes and teams as well as employees from Hershey Foods Corporation, Highmark, Pitt Ohio, UNFI, and many other companies. For an intro video, please [click here](#).

Mark is the author of The Gameplan for Aging as well as co-author of the Occupational, Road, Bus, EMS and Hunter Athlete Interactive Health and Safety Systems. He can be heard weekly as a regular on The Dave Nemo Show, Sirius XM 146 - The Road Dog Channel. Mark is a gifted speaker and has touched and motivated thousands of people with his Gameplan for Aging seminar. Current and past clients include: the National Safety Council, Society of Safety Engineers, the US Army, Smithsonian Institute, Governor's Council on Health and Safety, General Electric, PPL, Waste Management, Coca Cola, Consumers Energy Company, Metropolitan Transportation Authority, and Penn State University. Mark also presents The Road and Occupational Athlete Seminars as well as many other motivational and educational seminars on a regular basis.